

**Southwest Region
CHNS/CHPS
July 2014 Report**

Cheryl Byrd

- Completed the required ATRAIN trainings – Dispute Resolution and Human Trafficking.
- Preparing for August back to school workshops.
- Attended Computer trainings.
- Provided CPR for Early Childhood staff.
- Attended coalition meetings.
- Planning meeting with SWR CHNS.

Edie Greenwood

- Presented Heartsaver CPR and AED class for adults and children to 4 participants at the Co-Op in the AM and 4 in the PM. Discussed tobacco cessation and need to quit. Also discussed the heart and lung health risks with tobacco use.
- Presented Heartsaver First Aid with CPR and AED for adults, children and infants to 9 staff at Lafayette County Jail. Discussed tobacco cessation and need to quit. Also discussed the heart and lung health risks with tobacco use.
- Attended the Nevada County Cancer Association Meeting where I serve as Secretary.
- Worked with Tommie Rogers, RN, CHNS on slide presentation for July 28. Also, instructed Tommie on how to do the CHNS/CHPS page for the SW Newsletter.
- Met with PRIDE Academy organizers in Texarkana to work on registration process for academy to be held the week of August 4-8. I volunteered to be put in charge of registration and will be teaching a hygiene session to girls.
- Assisted Nevada County Health Unit Administrator prepare for fundraiser for Nevada County Cancer Association.

Rhonda McDonald

- Attended the HIV/Teen Pregnancy/Bullying in Little Rock hosted by Kathleen Courtney. I am working with El Dorado School District and Fordyce on this grant.
- Ouachita County Health Unit Administrator and I presented to a summer program group on prescription drugs, poison control and tobacco. The age range was 6-14. Look-a-like drugs vs poison was address, poison control number and sticker/magnates were given with tobacco hotline.
- Met with the Chief of Police and Ouachita County Health Unit Administrator (members of the Walkability Committee for AHOC) to look at the proposed site for the Rails to Trails grant. The Ouachita County Health Unit Administrator and I then met with the mayor to discuss the Rails to Trails grant and creating a workgroup to enclose the City swimming pool.
- Partnering with Ouachita County Health Unit Administrator to create a Facebook page for Ouachita County Health Unit. We have been working on it for several months. We completed it

and went live on the 15th. We also worked on our Facebook page for our county coalition-AHOC.

- Provided a 6 hour *HeartSaver* CPR and First Aid training for Early Childhood staff members and community members (13 participants trained).
- Met with the Walkability Committee for AHOC (Ouachita). We are writing a grant through ArCop. This was a work study group. We also met with the ADH personnel and an architect from Little Rock who is partnering with ArCop. We walked the route downtown with the architect. We are trying to connect the existing bike trail with the proposed Rails to Trails route.

Tommie Rogers

- Participated in the Safe and Healthy School Initiative Orientation Meeting in Little Rock. I had 2 schools that participated: Fordyce and Malvern. Kathleen Courtney from ADE presented information about the status of sexual health in Arkansas for adolescents and guided strategic planning for schools. Schools were able to network together and get many valuable resources.
- Hosted a Suicide Prevention Workshop at Dawson Co-op in Arkadelphia. All the school nurses/teachers in the Dawson Co-op area were invited. We had 16 participants. Shelby Rowe, Intentional Injury Project Analyst/ Statewide Injury Prevention Program, talked about AR Gatekeepers Training in the AM session and creating a suicide-safer school community in the PM session.
- Participated in the Adolescent Youth Project held at Foundation Fitness; provided healthy snack of peanut butter and vanilla low fat yogurt (fruit dip) and apple slices and grapes. Went over lesson on daily exercise log, cardiovascular exercises, resistance training, sleep, low, moderate, and high-intensity exercises and flexibility.
- Participated in the Adolescent Youth Project held at Foundation Fitness; provided healthy snack of Fiber One 90 calorie Cinnamon Coffee Cake. Went over and gave out a handout from the Academy of Nutrition and Dietetics on Eating Right: Smart Snacking for Adults and Teens.
- Dawson CHPS and CHNS presented at the Arkansas ACTE (Association for Career and Technical Education) Conference in Hot Springs. Career and Technical Education teachers from all over the state were in attendance. We shared the contacts for all the Community Health Nurse Specialist and the Community Health Promotion Specialist, as well as their role, and some good resources: CDC website, Arkansas Game & Fish Commission, Arkansas Children's Hospital/Statewide Injury Prevention Program, Cooperative Extension/4-H, Arkansas Coordinated School Health, NEA Health Information Network, HealthTeacher.com, gonoodle, SPARK, and USDA My Plate.
- Worked with new school nurse to provide information related to Dawson's ESC works, ATRAIN, E-school, Web IZ, Flu Clinic at School, Immunizations, required screenings, CSH website, Arkansas Board of Nursing Roles & Responsibilities. The new nurse watched the pre-recorded 2014 Immunization Update with Paula Smith, State School Nurse Consultant.

Emily Lyons

- Participated in the Adolescent Youth Project held at Foundation Fitness; provided healthy snack of peanut butter and vanilla low fat yogurt (fruit dip) and apple slices and grapes. Assisted with

lesson on daily exercise log, cardiovascular exercises, resistance training, sleep, low, moderate, and high-intensity exercises and flexibility.

- Participated in the Adolescent Youth Project held at Foundation Fitness; provided healthy snack of Fiber One 90 calorie Cinnamon Coffee Cake. Provided and reviewed a handout from the Academy of Nutrition and Dietetics on Eating Right: Smart Snacking for Adults and Teens.
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- Planning meeting with SWR CHNS.